



# 2015 Wellness Calendar



## January

- Healthy Resolutions
- Weight Loss Winner (10 week challenge)

## February

- Weight Loss Winner

## March

- Weight Loss Winner

## April

- Hydration Challenge (4 week challenge)

## May

- Hydration Challenge

## June

- Health Fair
- Annual Biometric Screenings
- Know Your Numbers

## July

- Step Up Challenge (10 week challenge)

## August

- Step Up Challenge

## September

- Step Up Challenge
- Flu Shots
- Men's Health Education

## October

- Mobile On-Site Mammography
- Women's Health Education

## November

- Nutritional Consultations

## December

- Year of Good Health Gift!

\* This calendar of events is tentative and subject to change.